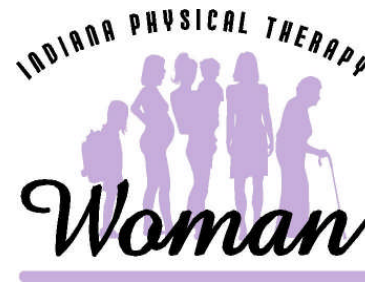


Osteoporosis



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What is Osteoporosis?

Osteoporosis is a progressive metabolic bone disease characterized by an absolute loss of bone to the point at which fractures can occur to vertebrae, hips, wrists, and ribs from minimal or no trauma. It is characterized by postural deformity, pain, and loss of functional capacity. By 2020, 61 million people will be affected by osteoporosis, 80% of them women.



Risk Factors for Osteoporosis

- Postmenopausal women
- Excessive caffeine or salt intake
- Family history of osteoporosis
- Smoking
- Excessive alcohol consumption
- Low body weight
- Frequent dieting
- History of eating disorders, especially anorexia

Consequences of Osteoporosis

- Hip, vertebra, wrist, and other bone fractures
- Immobility following fracture, leading to disability, long-term care, institutionalization, and occasionally even death

Can Osteoporosis be Prevented?

Osteoporosis is a preventable disease. A diet rich in calcium with at least 1,200 mg. of calcium from food and supplements along with 400-800 IU of Vitamin D is recommended. Smoking and excessive alcohol consumption deplete much needed stores of calcium; it is important to avoid both.

An active lifestyle including weight bearing activities and strength training should be a priority. Preventing falls in the home for the elderly who have osteoporosis through home safety evaluations and through the use of hip protectors and padding should be emphasized.

Treating Osteoporosis

Pharmacologic interventions include medications, hormone replacement therapies, and selective estrogen modulators.

Physical therapy often accompanies hormone replacement therapy because it helps reduce pain, improve range of motion and postural deformities, and it can increase balance. Physical therapy improves all of the conditions associated with osteoporotic fractures and bone loss.

Referral Process

Indiana law requires a physician referral for all physical therapy. The law also empowers patients to choose their physical therapy provider. Ask your physician to refer you to Indiana Physical Therapy Woman for osteoporosis treatment. Your therapist will work with your physician to help establish a specific treatment protocol.

Osteoporosis Program at Indiana Physical Therapy Woman

At Indiana Physical Therapy Woman, patients with osteoporosis will undergo a comprehensive physical therapy program including an individualized assessment, outcome measurement, and a thorough exercise program that emphasizes daily/progressive walking, resistive exercises focusing on the spine, hips, and wrists, postural retaining, proprioceptive retraining, gait aid evaluation, ergonomic education, nutrition, and home safety. Frequency and duration vary by condition, but are usually 6-8 visits over a period of 4 weeks.



Why Indiana Physical Therapy Woman?

Indiana Physical Therapy Woman specializes in the treatment of women's unique diagnoses and conditions. Our physical therapists have certifications in manual therapy, strength and conditioning, and pelvic physical therapy.

Director of the clinic, Margaret Bryden, PT, WCS, COMT, CSCS, is certified in pelvic physical therapy through the APTA and is a Board Certified Woman's Clinical Specialist. This is the highest expertise a therapist can achieve in women's health.

For questions about Indiana Physical Therapy Woman or women's physical therapy, please contact Margaret Bryden at (260) 969-8992.



Indiana Physical Therapy Woman is a specialty division of Indiana Physical Therapy